



I AM

INTEGRATING ACTIVE MATRICES

with

Vivian

April 28th – May 4th 2010

Germany at Höllbachhof

Before incarnation, your soul set up certain parameters structuring its interaction with matter in this life-time. These parameters are called the Matrix. In it, information regarding certain choices your soul made before incarnating are stored, choices which influence the way we walk through life today.

In **I AM** – Integrating Active Matrices, we work with five layers or focal points of the matrix, each of which deals with another aspect of spirit's interaction with matter in human form.

Soul

Future

Karma

Energy

Experience





By working with these aspects we support ourselves to realign ourselves with the original structure of our matrix, allowing us to walk in alignment with it rather than wasting our energies in fighting against it.

The Soul Matrix – This part of the matrix contains your soul contracts, agreements your soul made before incarnating that are not changeable. A lesson or experience only registers in this part of the matrix once it has been integrated by you.

The Future Matrix – This part of the matrix deals with the realm of possibility. The more possibilities we are aware of, the more creatively we can relate to and complete the soul contracts set up in our Soul Matrix. The more limited we are in our perception of possibility, the more challenged we are to comply with our soul contracts.

The Karma Matrix – Karma is pain or consciousness in trapped form. The karma matrix carries information about how much and which karma we agreed to work through in this lifetime. The karma matrix challenges us to develop our ability to love and to embrace our shadow so the potential trapped in it can become manifest as energy.

The Energy Matrix – The state and structure of this matrix determines how we run our vital energies. Depending on how we handle intensity and how we flow with life or try to block it, our energy can run for thirty, fifty or a hundred years.

The Experience Matrix – Lessons come to us in the way of experiences, yet a lesson is only integrated once the illusion around an experience has cleared. Stories, drama, trapped pain and judgment are factors which keep an experience from moving through our system and completing a lesson to be integrated. Working with this matrix supports us to integrate and complete experiences in our system.





TRAINING MANAGEMENT



Vivian has been accompanying people on their path of self-realization and personal development since many years. Her own path led her to dive deeply into Eastern Mysticism and into the Shamanic Teachings of various traditions. Today her work draws on the powerful roots of this ancient knowledge as well as her own inner knowing, which reveals itself each moment anew. The core of her work is to reconnect people to their original aliveness and to support them in moving deeper into accepting, loving and celebrating all the different ways in which this aliveness is expressing itself through them.

APPLICATION

Participation in the **I AM** seminar is by application only. Please contact Puria for further information regarding the application procedure. Please allow about ten days for the processing of your application.

INFORMATION AND CONTACT

For further information or to apply, please contact:

Puria C. Kästele 0049/9484/743 puria.kaestele@web.de

or visit: www.presence-healing.net





FINANCIAL CONTRIBUTION

As we live in a time of major restructurings on all levels, we are also actively restructuring our way of sharing the work. As part of the process, we are deeply questioning current models of financial reimbursement for work like ours. In recent times, we have seen more and more aspects of human life transformed into a commodity with a price-tag. Many people feel that even authentic human interaction has become a tradable good on today's market of therapies, workshops and seminars. We have a deep wish to change that and to free the work we do from the limits of being a tradable good. At the same time, we are well aware that we need to find new models of sharing that uphold the value and appreciation of what is being shared in a culture which considers most things which are available free of charge to be "for nothing".

During the coming year, we therefore wish to continue our exploration. In past years, the fee for participating in **I AM** was € 560,-. This is the sum we wish to keep as an orientation also for this year. Participants who wish to contribute in another way are welcome to request information regarding our "individual contribution" financial model.

Your contribution will go towards supporting the people who make **I AM** possible.

**Please note that each participant
is responsible for paying
his own travel, food and lodging,
independent of the voluntary contribution.**





DDATES AND **T**TIMES

I AM is taught on five consecutive days for 4 hours each day.

This format allows for plenty of free time to enjoy the splendid surroundings, supporting you in integrating the powerful teachings of the I AM. You are also welcome to bring a partner, family or friends along to enjoy your holidays with. If you wish to bring children and to participate in the class, we will be glad to support you in finding a babysitter for the class hours.



Participants arrival: Wednesday April 28th 2010, until 5 pm

Participants departure: Tuesday May 4th 2010, in the morning





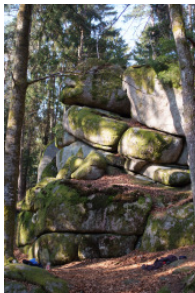
VENUE

The Höllbachhof is a beautiful old homestead in the Upper Bavarian Forest, about 30 minutes from Regensburg in Germany. The oldest parts of this ensemble are estimated to date back to the 16th century. Today they are home to a small seminar center, integrating traditional charm with modern interior design.



The Höllbachhof lies secluded in the protected natural reserve area „Hölle“ where the Höllbach creek meanders through rock formations of a breathtaking natural beauty. Open green spaces combine with magical forest land to form a stunning backdrop for this hideaway. An ideal place for reconnecting with ourselves, the earth and the cycles of nature.

Because this place is characterized by community life, each guest contributes one hour cooperation per day in the house or garden.



COSTS FOR FOOD AND LODGING

Accommodation type	Per Day
Single room	42
Double room	32
Couple room	29
Dormitory	22
Tent	11

We offer an discount of 10 % for stays exceeding 6 nights. For meals we charge € 22 per day, this entails three largely vegetarian meals per day plus snacks and drinks. We primarily rely on regional produce and prefer ingredients from organic cultivation. Bedding and towel you can either bring yourself or use ours for an additional payment of € 7.

Each accommodation type is only available in limited quantity. The accommodation is allotted in the order of registration to the Seminar.

For the good of our ecological water treatment system, please use only biodegradable products!

TRAVEL INFORMATION

Coming by Car:

Travel to Regensburg, from there continue in the direction of "Regensburg Ost, PASSAU". Take the exit "Wörth Ost, Falkenstein", No. 104 b off route A3, this is the second exit for the town "Wörth an der Donau". Turn left in the direction of "Wörth" and in the direction of "Falkenstein". After about 10 km, you reach „Rettenbach (Ebersroith)“. Take a LEFT in the direction of „Postfelden / Dosmühle / Hölle“. Go past the lumber mill and the small lake to your right until you reach the sign for the village of "Postfelden". Here take another left towards "Dosmühle, Höllbachhof" and the Natural Reserve Hölle". After 200 meters take a right turn along the Telephone poles (private road). You see three buildings straight ahead of you and the beginning to the path through the natural reserve "Hölle" to your right.



You can calculate your route here: <http://maps.google.de/maps?hl=de&tab=wl>

Coming by train:

Take a train to Regensburg HBF, here we can pick you up for € 29,- or you can take the bus No. 5 to Wörth an der Donau, final stop (Reitfeld) here we can pick you up for € 6,-, or – twice every day - to Rettenbach (Oberpfalz), where we can pick you up free of charge. From Regensburg railway station the journey is approximately one hour. The buses start in Regensburg at the main railway station, on the right, opposite the main entrance.

Detailed information in English can be found on the webpage of the German railway company: <http://www.bahn.de/international/view/en/index.shtml>

Coming by Plane:

The closest airport is the Munich International Airport (Franz-Josef-Strauss airport).

There are numerous domestic and international flights every day.

From Terminal 1 take bus number 635 to Freising. This takes 18 minutes. Here you need to change to the train to Regensburg HBF. This takes about 60 – 70 minutes. There is also a direct train connection from Frankfurt Airport to Regensburg HBF, this train ride takes 3,5 – 4,5 hours. Detailed information in English can be found on the webpage of the German railway company: <http://www.bahn.de/international/view/en/index.shtml>

Information on how to continue from Regensburg can be found under „Coming by train“.

Car pools:

We want you to car-pool and are happy to support you in making it happen. If you would like to find a ride or to offer one, please send the information to: puria.kaestele@web.de. The different needs and wishes will be collected and the information will be passed on.

Address: Höllbachhof, Postfelden 20, 93191 Rettenbach, phone: 0049 (0)9484 / 743

Wisdom of your Soul

How Soul Contracts and Life Lessons shape our Daily Life.

By Vivian

The more we pay attention to what is happening in our Life, the more conscious we become about the hidden order that seems to live in everything. We realize that seemingly incoherent and random incidents might follow a hidden plan; a plan that we often just start to understand by looking back at something that we experienced some years ago. We start to observe that certain issues return again and again, especially those where we have yet to recognize the inner order. The teachings of my tradition call this principle, which is the foundation of this phenomenon, the Matrix.

We call matrix an energetic network of information in which our soul, before incarnating, fixed certain parameters for this Lifetime. The structure of our matrix defines on one hand the circumstances in which we will be born into, and on the other hand serves as a connecting point where our soul gets in contact with us and is therefore able to support or guide us in our life journey.

Gaining a deeper understanding of this matrix has proven to be of great value for my Life. It has facilitated in me the ability to make peace with personal circumstances as well as to understand the messages of my soul with more clarity and to know how to put them into practice.

„We are not human beings having a spiritual experience, but spiritual beings having a human experience“

The Structure of the Matrix

The matrix is composed of 5 junctions, levels or partial aspects. Each of these levels is an inseparable part of the whole and can only be understood fully in the context of the other levels.

The 5 levels are as follow: our soul contracts (1), the space to create and act out of our free will (2), the principle of Karma (3), our Life energy (4), and the integration of our Life-lessons. (5).

Each of these levels embodies an important aspect of the wisdom that our soul uses to guide us. By reaching a deeper understanding of each of these levels we get to know and to love the laws of Life. Therefore our subjective experience as a human being changes fundamentally.

1. Soul Contracts – whether you like it or not...

This part of the matrix contains the information of your soul contracts. This refers to all the agreements that were made before incarnating. Those contracts can be made with other souls or as a commitment a soul makes with itself.

In our soul contracts it is always about having certain experiences. That means it is

not so much about a commitment to DO something specific – as we tend to think from a human perspective – but about the possibility to experience something. Because only in experiencing again and again new colors of reality the play of Life fulfills its purpose..

But because of our tendency to forget about the life experiences we signed up for after we incarnate, our soul binds us to certain experiences before coming into our body. It is not a rare case that our soul also wasn't totally aware about the fact that some experiences although super exciting from a souls perspective, are not so much fun from the human perspective!

Soul contracts are unalterable. A soul contract is as if it were written in stone. We do have some freedom in creating the context in which we want to make the experience we committed ourselves to, but it is inevitable that we will live this experience sooner or later....

2. The will – you are free

Soul contracts might confuse or scare us at first, because we like to think about ourselves as human beings with a free will. This is what the second part of the matrix deals with. Here is contained all the information about the space in which we are free to act, free to decide in each moment as newly creative individuals. It regulates how this freedom works in the context of the unalterable contracts.

Because our soul is interested in having certain experiences, and due to the fact that there is an infinite number of ways for this experience to happen, our free will can play a leading role in defining how we fulfill our soul contracts. That is if we make the decision to work together with the matrix of our soul instead of fighting against it.

3. Karma- all Life is pulsation

The principle of karma is a term we have adopted from the belief system of the far east and is probably the most misunderstood. Far away from guilt and atonement, the principle of karma is the teaching of cycles.

All Life is a pulsation. All things alive are in a constant circle-like movement of change. The karma-aspect of the matrix has to do with the cycles our soul wants to finish or continue to live in, in this lifetime.

4. Energy – this is what you are

This aspect of the matrix has to do with how we deal with our vital and subtle energies. There is an impact on our lifespan and capacity to have certain experiences based how we utilize and conserve those energies. In getting to know the energies that are available to us we can use them more consciously according to their nature.

5. Experience is what was integrated

The fifth and last aspect of the matrix works on the integration of our experiences and life lessons. It examines which experiences we have integrated and which we have not.

An experience will only then be recorded as lived through if we have let go of all illusions concerning this experience. All explanations, dramas, emotional pains, and judgments are the factors that alienate us from an experience and prevent therefore that we simply live it.

Whenever we are able to let go of all these factors and accept an experience for what it is, our soul will stop creating this experience because it has been recorded as clearly lived through.

Activating the matrix

Together with the teachings about the structure of our matrix much energetic information has been passed on. This kind of information is not accessible on conscious plane, but our sub- and higher consciousness is able to receive it and integrate it. Through this information we are able to deepen and strengthen our understanding of our connection to these levels that usually are not available on conscious plane.

Traditionally this information is passed on by a teacher initiating a student. Part of this transmission is an initiation into a method that strengthens the connection and the alignment with one's own matrix. This is called activating the matrix.

This activation eases the steps which veer away from pain and fighting against a destiny that sometimes looks so cruel to us. It is an invitation to surrender consciously to the wisdom of our soul; that through a deep acceptance of its guidance we come to a new responsibility within our possibilities to act, in the context of our soul contracts.

For more information, please visit www.hoellbachhof.net

Copyright 2010 by Vivian, All Rights Reserved.

